

KITCHEN SECRETS



CLATSOP COUNTY

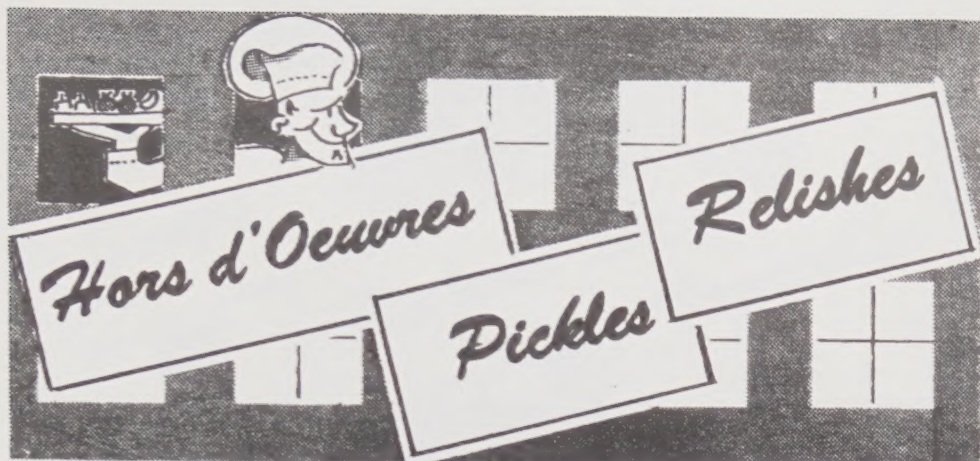
Astoria, Oregon

ACKNOWLEDGMENT

We wish to acknowledge the fine spirit of co-operation by the organization members and the community at large including the merchants and business firms, without which this book could not have been possible.

The Organization

Halibut glass dish page 10,
conversion Brail, very good may 26 '87



PICKLED FIGS

Edna Morgan

7 lb. figs (fresh or dried)
6 c. sugar
1 pt. cider vinegar

1 tsp. whole allspice
1 tsp. whole cloves

Boil figs in clear water 20 minutes and drain. Boil sugar, vinegar and spices to thick syrup, pour over figs and boil 10 min. Seal in jars.

TUNA-SALMON APPETIZER

Hilma Johnson

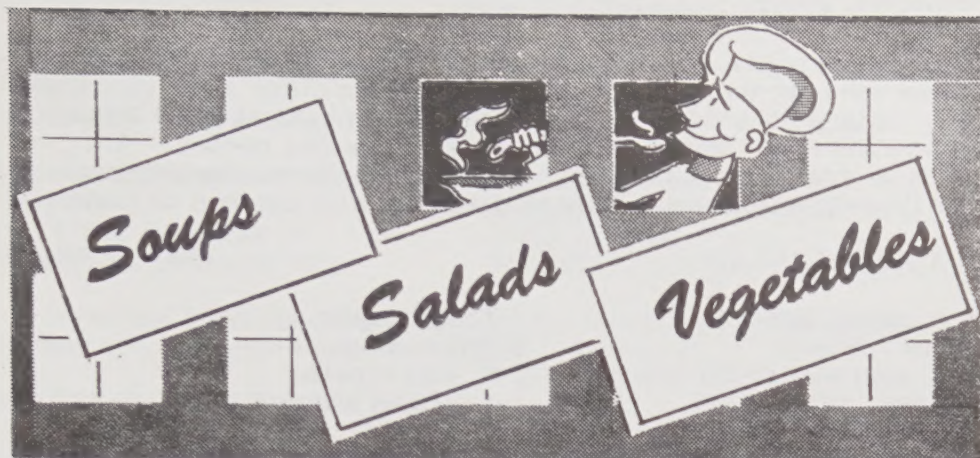
1 7-oz. can tuna
2 hard-cooked eggs
1 7-oz. can salmon
3 Tbsp. chopped celery

2 Tbsp. chopped celery root
3 Tbsp. chopped green onion
2 Tbsp. mayonnaise
3 Tbsp. Miracle Whip salad dressing

Drain the fish and flake with a fork, chop 1 1/2 eggs, add to fish with the rest of the ingredients. Mix well. Garnish with the remaining half egg, cut in fancy shapes. Serve on crackers or on thin slices of bread, for "Open Sandwiches".

Write Extra Recipes Here-

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MACARONI-SHRIMP SALAD

Susan Latvala

4 c. cooked elbow or shell
macaroni
1 c. cooked shrimp or
2 4 1/2-oz. cans shrimp

3 stalks celery, chopped
2 dill pickles, chopped
6 hard-cooked eggs, chopped
5 green onions, chopped

Combine ingredients and mix in mayonnaise to which a small amount of chili sauce has been added. Serves 6.

TUNA CRUNCH SALAD

Mrs. J. H. Wood

1 7-oz. can tuna
3 Tbsp. chopped onion
1 Tbsp. minced pickle
1/2 c. mayonnaise
1 Tbsp. lemon juice

1 c. shredded cabbage
1 bag potato chips, crushed
Deviled eggs
Tomato wedges

Combine first 5 ingredients; chill. Add cabbage and toss. Add potato chips just before serving, toss. Heap in lettuce-lined bowl. Garnish with eggs and tomato wedges. Serves 4.

FROZEN FRUIT SALAD

Kay McIntyre

1 Tbsp. gelatin
1/4 c. cold water
or fruit juice
2 c. fruit juice, heated
1 8-oz. pkg. cream cheese

1 c. diced pineapple
1 c. diced pears
1 c. diced peaches
1 c. green grapes
1/4 c. sliced maraschino cherries
1 c. whipped cream

Soften gelatin in the cold water or fruit juice. Add the heated fruit juice. Stir until gelatin is dissolved. When the gel is cool and has begun to set, add softened cream cheese and fruit. Fold in whipped cream along with enough maraschino cherry juice to color the salad a delicate pink. Place in oiled molds or oiled paper cups and freeze. After the salad has frozen, cover the exposed surface

FROZEN FRUIT SALAD (Continued)

with waxed paper. If the salad is to be stored for later use, cover the exposed surface with foil or some other air-tight material. Salads should be removed from the freezer at least 30 min. before serving. Serve on lettuce. No dressing needed. Any juice or fruit except banana or fresh pineapple may be substituted for those listed above. This is delicious with chicken or turkey.

WALDORF SALAD

Kay McIntyre

4 c. diced apple	1 Tbsp. sugar
Juice 1 lemon	1/2 tsp. msg.
1 c. coarsely diced celery	1 c. mayonnaise
1/2 tsp. salt	1 c. sliced walnuts

Toss apple with lemon juice to prevent discoloration. Combine with celery and season with salt, sugar and msg. Toss salad with mayonnaise. Fold in 1/2 c. of the nuts and sprinkle rest over the top.

ISLAND SALAD

Mary Miller

1 c. crushed pineapple	1 c. milk graded cheese
Juice of 1/2 lemon	1 c. whipped cream
1/4 c. sugar	1/4 c. chopped celery
1 Tbsp. gelatin (Knox)	1/2 c. crushed pineapple, strained

Boil 1 qt. pineapple and lemon juice and sugar for 5 minutes. Soak gelatin in cold water for 5 minutes and add to hot pineapple. When it begins to set add graded cheese, whip cream and pour into mold and while setting add chopped celery and drained pineapple to favorite salad dressing. Pour over salad and serve with lettuce and olives.

FRUIT SALAD DRESSING

Mrs. Jean Rothwell

1/2 c. sugar	1 tsp. celery seed
1 tsp. salt	4 tsp. vinegar
1 tsp. dry mustard	1 c. salad oil
1 tsp. paprika	

Mix all the dry ingredients with the vinegar. Beat with a beater. Add gradually the salad oil. Let stand 24 hours. If the mixture is too thick add thin pineapple juice.

CREAMED CASSEROLE CORN DISH

Della S. Berry

3 eggs, beaten	2 c. milk
1 med. can corn, whole kernel	1 large onion, grated
12 whole crackers, rolled	1/4 tsp. salt

Combine corn and beaten eggs, add milk, crackers, onions and salt. Put into a casserole and dot with butter. Bake about 30 min.

CREAMED CASSEROLE CORN DISH (Continued)

in moderate oven, 350 deg. F.

MACARONI-SHRIMP SALAD

Susan Latvola

- | | |
|-------------------------------------|-----------------------------|
| 4 c. cooked elbow or shell macaroni | 5 green onions |
| 1 c. cooked shrimp or | 3 stalks celery, chopped |
| 2 4 1/2-oz. cans shrimp | 2 dill pickles, chopped |
| | 6 hard-cooked eggs, chopped |

Combine ingredients and mix in mayonnaise to which a small amount of chili sauce has been added. Serves 6.

SEAFOOD SURPRISE SALAD

Mrs. Andrew Young

- | | |
|-----------------------|---------------------------------|
| 1 can crab | 1 c. cooked macaroni saladettes |
| 1 can shrimp | 6 tomatoes (firm) |
| 1 can tuna | Parsley |
| 3 radishes, diced | Dash of paprika |
| 1 celery stalk, diced | 3 green onions, sliced |

Combine crab, shrimp, tuna, macaroni, radishes, celery and onions. Mix together 1/2 c. chili sauce and 1 c. mayonnaise. Add to fish mixture. Scald tomatoes and peel. Cut in fourths half way down. Fill tomatoes with fish mixture. Place tomatoes on lettuce cup. Garnish with parsley, paprika and sliced dill pickle. Serves 6.

DE LUXE SHRIMP SALAD

Suzanne England

- | | |
|----------------------------|----------------------------------|
| 2 Tbsp. unflavored gelatin | 3/4 green pepper, finely chopped |
| 3/4 c. cold water | 1 Tbsp. minced onion |
| 1 1/2 c. tomato soup | 1 1/2 c. cooked shrimp |
| 1 8-oz. pkg. cream cheese | 3 Tbsp. lemon juice |
| 1 1/2 c. mayonnaise. | 1 tsp. salt |
| 1 3/4 c. celery | 1/4 tsp. pepper |

Soften gelatin in cold water and dissolve in hot tomato soup, cool. Thoroughly combine remaining ingredients and gradually stir in gelatin mixture. Pour into 2 1/2 qt. fish mold. Chill until firm. Unmold and serve on crisp lettuce leaves with a French dressing. Serves 10 to 12.

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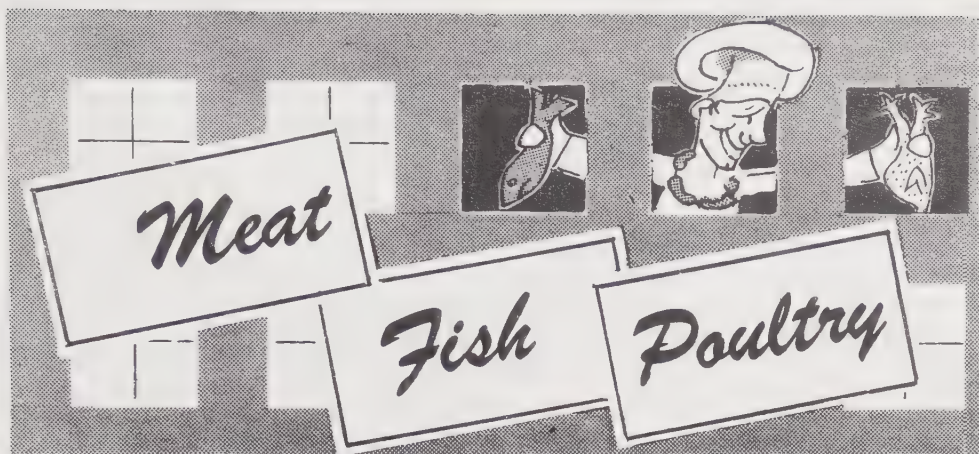
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GROUND MEAT WHIRLS

Mrs. Clarence M. Orton

Filling:

1/4 c. chopped onion
2 Tbsp. chopped green pepper
1/3 c. chopped celery
1 lb. ground beef

3/4 tsp. salt
Pepper
2 Tbsp. flour
1 tsp. meat extract
1/2 c. water

Cook onion in hot fat until golden. Add green pepper, celery, ground beef, salt and pepper. Cook slightly. Sprinkle with flour; mix well. Add meat extract mixed with water. Cook until thick, stirring. Cool. Spread on biscuit dough (use standard recipe). Roll. Seal, cut 1" slices. Bake in hot oven, 425 deg. F. about 20 minutes, until mushroom sauce: Stir 1/2 c. milk into one can mushroom soup. Heat.

HAM AND CHEESE LOAF

Linda Orton

1/2 lb. grated boiled ham
1/2 lb. American cheese,
grated
3 eggs, beaten slightly
4 large crackers, ground

1 c. milk
1 Tbsp. Worcestershire sauce
1 Tbsp. melted butter
1 can mushroom soup

Mix the above ingredients together. Place in large loaf pan and bake in 350 deg. F. oven for 30 minutes.

SUOLA KALA (Salted Fish)

Susan Latvala

20 lb. fresh raw salmon

Clean fish, remove back bone. Slice fish to individual taste. Add 1/2 lb. sugar, rub into fish. Let stand overnight. Add 2 1/2 lb. rock salt. Let stand 5 days. Serve on hard tack or rye bread. This should be eaten immediately if served on hardtack.

SMOKED STURGEON S' MORS

Mrs. A. B. Curtis

2 c. ground smoked sturgeon	1 tsp. chopped onion
1/2 c. cracker crumbs	Salt & pepper to taste
1 egg	Pinch grated garlic

Take one pound lightly smoked sturgeon and put through food chopper. Add the remainder of ingredients. Shape into small balls and roll in flour. Fry until golden brown. Add one cup water, cover and simmer for one hour. May be served hot or cold with toothpicks stuck into them for appetizer.

SWEDISH FISH BALLS

Mrs. Harold Snow

Grind 2 lb. sturgeon fine	Add 1/2 tsp. black pepper
Grind 1 small onion	Add Tbsp. salt
Grind 1 1/8 c. bread crumbs	About 2 Tbsp. whole allspice
Beat 3 eggs	May be used in gravy or directly in fish balls, optional

Mix above ingredients and form into about 40 fish balls about the size of gold balls. Fry in butter until lightly brown. Place in double boiler. For gravy add more butter, then flour and cream. Use milk to thin a little, plus seasonings. Pour over fish balls in double boiler and simmer gently about 3/4 hour. Also add dabs of butter. (Too long, over hot water will curdle gravy.) Preparation time: about 1 hour.

STURGEON BALLS DELUXE WITH CRAB

Mrs. Henry Larsen

Make a rich cream sauce,	1 sm. bottle capers
add about 14 sturgeon balls	1 Tbsp. chives or parsley
Add: 1 can crab meat	

Heat slowly in casserole or double boiler; garnish with parsley and pimienta when serving.

THRIFTY MEAT BALLS

Kay McIntyre

1 lb. hamburger	1 1/4 tsp. salt
1/4 c. chopped onion	1/4 tsp. pepper
1/4 c. rice, uncooked	1/4 tsp. poultry seasoning
1/4 c. cracker crumbs	2 Tbsp. fat or bacon dripping
1/3 c. milk	1 can cream of mushroom soup
3/4 c. hot water	1 4-oz. can mushroom pieces

Combine beef, onion, rice, cracker crumbs, milk, salt, pepper and poultry seasoning; blend. Make balls. Brown. Cover in electric fry pan. Temp. 200 deg. F. simmer about 1 1/4 hrs. Stir occasionally. Take meat balls out. Add soup and liquid and bring to boil. Serve over meat balls.

DUTCH OVEN SWISS STEAK

Kay McIntyre

2 lb. round steak, 1/2" thick
About 1/4 c. suet
1 Tbsp. salt

1 tsp. pepper
1 tsp. msg.
1/2 c. chopped celery
1 c. water

Have butcher tenderize steak. It may be cut into portions or cooked whole. Rub in as much flour as the meat will hold. Brown steak on both sides in suet or melted shortening. Use heavy skillet. Place in Dutch oven. Season with salt, pepper, and msg. Add onion and celery. Pour water into skillet to dissolve drippings. Pour over steak. Cover and bake in 300 deg. F. oven until tender, about 2 hours.

BARBECUED FRANKFURTERS

Helen Talbet

1/4 c. chopped onion
2 Tbsp. shortening
1 c. catsup
1/2 c. water
2 Tbsp. brown sugar
1/2 tsp. salt
12 frankfurters

Dash of pepper
2 Tbsp. vinegar
1/4 c. lemon juice
3 Tbsp. Worcestershire sauce
1/2 Tbsp. prepared mustard
1/2 c. chopped celery

Cook chopped onion in hot fat until golden. Add combined catsup, water, brown sugar, salt, pepper, vinegar, lemon juice, Worcestershire sauce, mustard and celery. Cover and simmer 20 minutes, prick frankfurters and add sauce. Cover and simmer 15 min.

BAKED CHINOOK SALMON

Mrs. C. O. Moberg

3 lb. salmon
1 tsp. salt
1/4 tsp. pepper
1 lb. box salted crackers
4 c. ground raw carrots
1 c. ground onions
1 tsp. dry mustard
1 c. ground celery

1 c. coarse chopped parsley
1 tsp. salt
1/4 tsp. pepper
1 level tsp. sage
1/2 tsp. thyme
1 c. melted butter, margarine
or bacon drippings
2 eggs

Remove backbone from salmon. Sprinkle inside of fish with salt and pepper. Crush crackers. Add carrots, onions, celery, parsley, seasonings, well beaten eggs, and melted butter, margarine or bacon drippings. Mix well and place in cavity of fish. Place in greased baking dish and bake for 3 hours at 325 deg. F. Remove from oven and remove top skin. Cover with the following mixture: 1 c. buttered toasted crumbs, 1/4 c. minced onions. Place in oven and brown for about 15 minutes. Garnish and serve.

GRAVALAX (Cured Salmon)

Mrs. Ragnor Nyback

1/2 c. salt
 1/4 c. olive oil
 1/2 c. sugar
 1 tsp. pepper
 1 tsp. allspice
 Pinch of saltpeter
 Few sprigs fresh dill
 2 1/2 to 3 lb. salmon (center cut)

Sauce:
 2 1/2 Tbsp. prepared mustard
 5 Tbsp. sugar
 1/2 tsp. salt
 2 Tbsp. olive oil
 1 Tbsp. (or more) vinegar
 1 Tbsp. heavy cream
 2 Tbsp. chopped dill

Split salmon, bone, rub all sides with olive oil. Mix salt, sugar, pepper, allspice, saltpeter and season fish. Place fish in enamel pan or glass dish and top with sprigs of dill. Put fish in a light press by placing a heavy flat plate on it for 24-36 hrs. Keep refrigerated. Drain liquid, cover, wipe off spices, slice thinly and serve with or without Gravadox sauce. Gravalox Sauce: Combine mustard, sugar, salt and add oil and vinegar slowly, mixing well. Lastly, stir in cream and dill. Serve cold.

BROILED HALIBUT SUPREME

Mrs. G. Wallis Ohler

Marinate one-inch slices of halibut in the following sauce for one hour:

1 Tbsp. grated onion
 2 Tbsp. lemon juice
 3 Tbsp. melted butter

Arrange halibut steaks in shallow pyrex baking dish, and pour over them the remaining sauce. Broil until tender, about 15 min. Do not turn steaks. Garnish with paprika and parsley before serving. Serves 2.

SEAFOOD DIP A LA BREAD BASKET

Mrs. H. R. Kurath

1 pt. sour cream
 1 Tbsp. horseradish
 1 Tbsp. lemon juice
 1/2 tsp. salt

1/4 tsp. dry mustard
 1/2 pkg. concentrated onion soup
 1 can shrimp
 1 can crab or 1 c. crab legs

Mix seasonings in sour cream and fold in seafoods. Hollow out a loaf and toast in slow oven until lightly toasted. Place chilled mixture in hollow loaf and add to top of loaf for lid.

SMOKED SALMON WITH SOUR CREAM CUCUMBER

Mrs. Rosella Agre

2 medium cucumbers
 1/4 c. salt
 1/2 c. sour cream
 3 Tbsp. vinegar
 1 1/2 Tbsp. minced chives
 3/4 tsp. dried dill seed

1 tsp. salt
 Dash of pepper
 Dash hot pepper sauce
 Smoked salmon, thinly sliced
 Buttered pumpernickel bread

SMOKED SALMON WITH SOUR CREAM CUCUMBER (Continued)

Peel cucumbers, slice thin and sprinkle with salt. Let stand a few minutes, rinse with cold water, drain well. Mix sour cream with vinegar, chives, dill seed, salt, pepper and pepper sauce. Combine with cucumber slices in a bowl. Chill 2-3 hrs. Serve with thin slices of smoked salmon and triangles of buttered pumpkin bread.

ITALIAN SPAGHETTI WITH MEAT BALLS

Earline Brown

1/4 c. olive oil	1 Tbsp. salt
1 medium size chopped onion	1 bay leaf
1 lb. ground beef	1 6-oz. can tomato paste
2 No. 2 1/2 can chopped tomatoes	1/2 c. water

Heat in sauce pan 1/4 c. olive oil, add and cook until lightly browned the onion. Add and brown the ground beef. Add slowly the tomatoes, salt and bay leaf, cover and simmer over a very low heat about 2 1/2 hours. Add the tomato paste. Simmer over very low heat, stirring occasionally, about 2 hours or until thickened. If it becomes too thick add the 1/2 c. of water. Remove the bay leaf and serve over cooked spaghetti. When this sauce is partially done mix lightly... 1/2 lb. ground beef and 1/2 lb. ground pork, 1 slice soft bread crumbs and 1 Tbsp. grated Parmesan cheese, 1 Tbsp. minced parsley and 1 egg, well beaten, 1 tsp. salt and 1/4 tsp. pepper, shape into 1" balls. Heat in skillet, 2 Tbsp. olive oil and 1 clove garlic, minced. Add the meat balls and brown on all sides. Pour off the fat as it collects. Add the meat balls to the tomato meat sauce about 20 minutes before it is done. Meanwhile cook 8-oz. unbroken spaghetti in 4 qt. boiling water until spaghetti is tender. Place spaghetti on warm platter, top with tomato meat sauce and sprinkle with grated Parmesan or Romano cheese surround with the meat balls. Serves 4 to 6.

NORWEGIAN HALIBUT CASSEROLE

Mrs. Harold Johnson

1 to 1 1/2 lb. halibut (raw)	6 medium potatoes (boiled and
1 pt. thick cream sauce	mashed without milk)
6 eggs	

Boil halibut; bone, work until fine. Add mashed potatoes, beat well. Add sauce, then egg yolks, mix well. Season to taste with salt, pepper and mace. Fold in beaten egg whites. Bake an hour in a moderate oven in buttered casserole. Serve with melted butter. Serves 6.

CLAM PIE

Pat Maxwell

3 medium potatoes	2/3 c. clam broth
1 medium onion	Salt & pepper to taste
1 pt. minced clams	8 slices bacon
2/3 c. mushroom soup	4-5 Tbsp. bacon drippings

CLAM PIE (Continued)

Slice potatoes and place in a greased casserole and put a layer of sliced onion rings on top of potatoes. Add drained clams. Combine soup and clam broth and season with salt and pepper and pour over clams and potatoes in casserole. Dice bacon and brown. Sprinkle on top of casserole with bacon drippings. Bake at 350 deg. F. for 1/2 hour or until potatoes are done.

SMOKED SALMON ROLL-UPS

Mrs. Arthur Paquet

1 7-oz. can smoked salmon	1 Tbsp. salad dressing
1 tsp. (hot) horseradish	1 dash cayenne pepper
2 Tbsp. lemon juice	1 pkg. prepared pastry mix
1 tsp. grated onion	Paprika
2 Tbsp. mayonnaise	

Drain salmon and flake finely. Add horseradish, lemon juice, onion, mayonnaise, salad dressing and pepper and blend into a paste. Prepare pastry according to directions on package. Divide in half and roll halves into very thin circles about 9" in diameter. Spread pastry circles with salmon mixture and cut each circle into 16 wedge-shaped pieces. Roll each wedge, starting with wide end and rolling to point. Bake on greased baking sheet in hot oven, 425 deg. F. for 15 minutes or until light brown. Remove from oven, sprinkle with paprika and serve. Makes 32 rolls.

CRAB MEAT ROLLS

Mrs. A. E. Young

1 c. flaked crab meat	Salt
1 c. diced celery	Paprika
1 hard-cooked egg	Rolls, buttered
Mayonnaise	

Blend crab meat, celery, egg and mayonnaise, adding seasoning to taste. Cut rolls lengthwise, remove part of bread, butter and fill with salad. Serve on crisp lettuce with sliced dill pickle. Serves 4.

STURGEON LOAF

Mrs. Nils Sagen

2 lb. sturgeon	1/4 tsp. pepper
3 Tbsp. onion	1/4 tsp. allspice
2 eggs	3 tsp. salt
2 c. milk	2 Tbsp. potato flour
1 tsp. nutmeg	

Grind sturgeon and onion 6 times. Add the unbeaten eggs. Then add the remaining ingredients alternately with the milk. Place in ungreased loaf pan. Bake in pan of water 400 deg. F. for 30 min. Reduce heat to 350 deg. F. and bake for 30 minutes longer. Serve either hot or cold.

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PICKLED SALMON

Carl Johnson

1 1/2 lb. well-cured, salt
salmon
1 c. whole pickling spice

2 medium onions, sliced
1 Tbsp. white sugar
Vinegar

Soak salmon in fresh water 12 hours. Cut into slices 1/4" thick. Put a layer of pickling spice on bottom of a 9 qt. jar, then a layer of fish, layer of onion slices; spice, fish, sugar, onion, etc. When full, add vinegar to cover and let stand 3 days or more. Makes one quart.

FILLET OF SOLE (STUFFED)

A. Y. Engbretson

2 fillets of petrate sole
1 sm. can mushrooms

3 Tbsp. butter
1/2 clove garlic

Place 1 fillet in bottom of baking dish. Cover with a layer of mushrooms and sprinkle with 5 or 6 drops of garlic juice. Cover with second fillet. Place butter on top of fillet. Bake in covered dish at 350 deg. F. for 10 to 15 minutes. Drain off liquor from baked fish. Make a white sauce using some of the fish liquor. Cover the fillets with the sauce. Garnish and serve.

CRAB MEAT ROLLS

Mrs. A. E. Young

1 c. flaked crab meat
1 c. diced celery
1 hard-cooked egg, chopped
Mayonnaise

Salt
Paprika
Rolls, buttered

Blend crab meat, celery, egg and mayonnaise, adding seasoning to taste. Cut rolls lengthwise, remove part of bread, butter and fill with salad. Serve on crisp lettuce with sliced dill pickle. Serves 4.

CLAM CHOWDER

Mrs. Bessie Miller

3 slices bacon, finely diced
3-4 Tbsp. chopped onion
2 c. diced raw potatoes
1 1/4 c. water
1 tsp. salt

1 tsp. butter
2 c. milk
1 7-oz. can minced razor
clams

Saute bacon and onions together for 5 minutes, do not brown. Drain fat. Add bacon and onions to potatoes, water, salt and butter. Cook until potatoes are done. Add clams and milk. Heat just to boiling point and serve. Do not boil. Makes 4 servings.

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MOTHER'S CLAM CHOWDER

Mrs. Harold Johnson

2 slices diced salt pork or bacon	3 carrots, diced
1 onion, diced	2 stalks celery, diced
1 c. water	1 qt. milk
2 c. diced potatoes	1 pt. minced clams

Brown salt pork or bacon with onions. Add water and potatoes, carrots and celery. Cook until vegetables are tender, season with salt and pepper. Add milk and clams. Simmer until hot. This chowder may be thickened if preferred. Serves 4-6.

CORN AND CHEESE BAKE

Ella Orton

8 thin slices day old bread	1 c. milk
8 slices bologne or pressed ham, about 1/2 lb.	1 Tbsp. chopped onion
5 slices cheese	1 tsp. salt
1 No. 303 can Golden cream style corn	1 tsp. dry mustard
	3 eggs

Lay 4 slices bread in a greased 8x8x2" baking dish. On each, place a slice of meat, cheese and bread, spread corn on top. Beat eggs slightly; add milk, onions, salt and mustard. Pour over corn; let stand in refrigerator 30 minutes. Bake in slow oven, 325 deg. F. 50 to 60 minutes. Place strips cut from remaining cheese slice on the other 4 meat slices. Fasten each with a toothpick as shown. Return to oven 5 minutes. Garnish with parsley and olives if desired. Serves 4.

BARBECUE SAUCE

Ella Orton

2 Tbsp. butter or margarine	2 Tbsp. prepared mustard
1 medium onion, minced	1 Tbsp. Worcestershire sauce
1 sm. green pepper, minced	1 tsp. salt
2 Tbsp. brown sugar	3/4 c. ketsup

Combine ingredients, simmer 15 minutes. Yields 8 servings.

QUICK PIZZA

Earline Brown

1 No. 2 1/2 can tomatoes	Garlic to taste
1 Tbsp. oregano	Salt & pepper to taste
1 Tbsp. minced onion	

Chop the tomatoes fine and mix the other ingredients together. Spread on buttered English muffins, sprinkle with grated cheese and anchovies if desired.

SPICED NUTS

Kathy Messer

1 c. sugar
5 Tbsp. water
1 Tbsp. cinnamon

1 tsp. vanilla
2 c. nutmeats, unsalted assorted
Dash salt

Combine ingredients. Bring to a boil and boil 2 minutes. Remove from heat, add the unsalted assorted nutmeats. Stir until syrup is cloudy. Turn out on waxed paper. Break apart.

CHOP SUEY

Rose Hansen

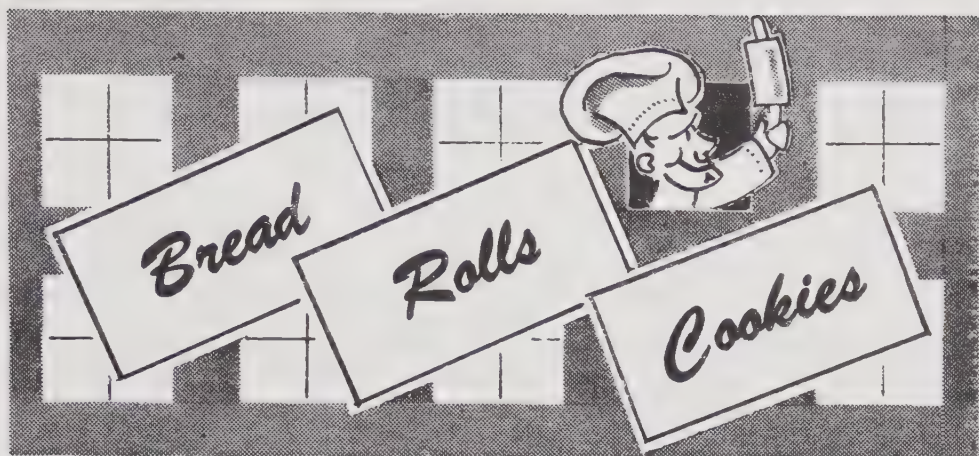
1 1/2 lb. each beef & pork,
chopped fine
2 c. diced celery

2 c. diced onions
1/2 tsp. salt
3 Tbsp. syrup

Fry meat pieces until rather brown and pour syrup over it. Fry until real brown, add onions and celery and cover. Cook until tender, sprinkling every few minutes with flour and stirring it in. Add salt. Add enough water to make a good gravy and let it cook slowly about 20 minutes.

Write Extra Recipes Here-

Write Extra Recipes Here-



BROWNIES

Maude A. Shaw

1/2 c. butter
2 eggs
1 c. sugar
2 sq. chocolate

1 tsp. vanilla
1/2 c. sifted flour
1/2 c. walnuts
1/2 tsp. baking powder

Cream together the butter and eggs; beat well. Add sugar. Blend in 2 sq. chocolate melted; add vanilla. Stir in baking powder, flour and walnuts. Bake at 250 deg. F. 30 minutes or less. Double the recipe for a crowd.

PEANUT BUTTER COOKIES

Mary Ann Gillam

Mix together thoroughly:
1/2 c. shortening
1/2 c. peanut butter
1 egg

Sift this & stir it in
1/4 tsp. salt
1/2 c. brown sugar
1/2 tsp. baking powder
3/4 tsp. baking soda

Drop onto an ungreased baking sheet and bake at 375 deg. F. for 10 to 12 minutes.

CORN MEAL ROLLS

Mrs. Clarence Orton

1/3 c. corn meal
1/2 c. sugar
1 tsp. salt
1/2 c. shortening
2 c. milk

2 eggs, beaten
1 cake yeast
1/4 c. lukewarm water
4 c. flour

Place cornmeal, sugar, salt, shortening and milk in double boiler, cook until thick. Stir frequently. Cool to lukewarm. Add eggs and yeast softened in water. Beat thoroughly and let rise in warm place 2 hrs. Add flour to form soft dough, knead well. Place in bowl, cover and let raise 1 hr. Fix like Parker house rolls.

BUTTERMILK NUT BREAD

Louise Smith

3 c. sifted flour	2 tsp. baking powder
3/4 tsp. soda	1 c. chopped walnut meats
1 c. brown sugar	2 Tbsp. molasses
1 1/2 c. buttermilk	3 Tbsp. melted butter
1/2 tsp. salt	1 egg

Sift into a bowl, flour, salt, soda and baking powder. Add sugar and nutmeats. Beat egg until thick and lemon colored, add molasses, buttermilk to the egg. Stir into flour mixture along with the melted butter. Stir only to blend. Mixture will be thick. Spoon into a buttered loaf pan. Let stand 20 minutes before baking. Bake 350 deg. F. for 60 minutes. Turn out of pan to cool on a rack.

ST. NICK'S COOKIES

Katherine Messer

1 c. butter or margarine	1 tsp. vanilla
1/2 c. sifted powdered sugar	2 1/4 c. flour
1/4 tsp. salt	3/4 c. fine chopped walnut meats

Cream butter and sugar, add vanilla. Sift flour and salt together, stir into creamed mixture. Add chopped nuts. Chill dough. Shape in 1" balls. Place 2 1/2" apart on cookie sheet. Bake in 400 deg. F. oven 10-12 minutes until set but not brown. Remove immediately and roll in tinted red or green sugar. Result about 4 dozen.

GUMDROP COOKIES

Arlene Messer

1 c. brown sugar	2 c. sifted flour
1 c. white sugar	1 tsp. salt
1 c. margarine	1 tsp. soda
2 eggs, well beaten	1 tsp. baking powder
2 c. rolled oats	1 c. small gum drops

Cream the sugar and margarine, add the eggs and other ingredients. Drop by spoonfuls on cookie sheet. Bake 375 deg. F. 7-10 minutes, result about 90 cookies.

RUM BUBBLES

Arlene Messer

2 1/4 c. flour	1 1/4 c. powdered sugar
3/4 tsp. baking soda	1 egg
3/4 tsp. cream of tartar	1 tsp. rum extract
3/4 c. shortening	

Cream the sugar and shortening. Add other ingredients. Chill. Then roll in small balls. Place a nutmeat in the center of each. Bake 375 deg. F. 10-12 minutes.

BOURBON BALLS

Rose L'Amie

2 1/2 c. crushed vanilla wafers	1 c. chopped walnut meats
1 c. powdered sugar	3 Tbsp. corn syrup
2 Tbsp. cocoa	1/4 c. bourbon whiskey

Mix all ingredients together very well. This is important. Roll into 1" balls in powdered sugar. Result about 3 1/2 dozen, store in the refrigerator.

CORN PONE

Edna Morgan

1/4 c. shortening	3/4 c. cornmeal
1/2 c. sugar	1 3/4 c. white flour
2 eggs	2 tsp. baking powder
1 c. milk	1/2 tsp. salt

Cream shortening and sugar, add eggs, beaten, and then milk. Sift cornmeal, flour, baking powder and salt. Bake at 375 deg. F. for 20 minutes or according to size of pan.

APPLESAUCE BARS

Mrs. Clarence M. Orton

1 c. sugar	1/4 tsp. soda
1 c. applesauce	1 tsp. cinnamon
1/4 c. shortening	1/8 tsp. salt
2 c. sifted flour	1/4 tsp. nutmeg
1 tsp. soda	1 c. raisins
1 tsp. baking powder	

Cream shortening and sugar; add applesauce. Sift dry ingredients and add. Stir in raisins. Bake in greased 8x8x2" loaf pan at 350 deg. F. about 35 minutes. Cool. Cut in squares.

MINCE MEAT COOKIES

Mrs. Clarence Orton

1 c. butter	3 1/4 c. flour
1 1/2 c. sugar	1/2 tsp. salt
3 eggs, well beaten	1 c. nuts
1 tsp. soda dissolved in	1 pkg. mincemeat (or 1 pt.)
1 1/2 tsp. hot water	

Cream butter and sugar together, add 3 eggs well beaten, soda and water, flour and salt; mix well and add mincemeat and nuts. Drop by spoonfuls on greased pan. Bake in 350 deg. F. 10 to 12 minutes or until done.

PEANUT BUTTER COOKIES

Linda Orton

Cream together:	2 Tbsp. cream
1/2 c. brown sugar	1 egg, well beaten
1/2 c. white sugar	1/4 tsp. salt
1/2 c. shortening	1 tsp. soda
1/2 c. peanut butter	1 1/2 c. flour

PEANUT BUTTER COOKIES (Continued)

Shape into balls, size of walnut, press down with prong of fork and bake. Makes 3 dozen cookies.

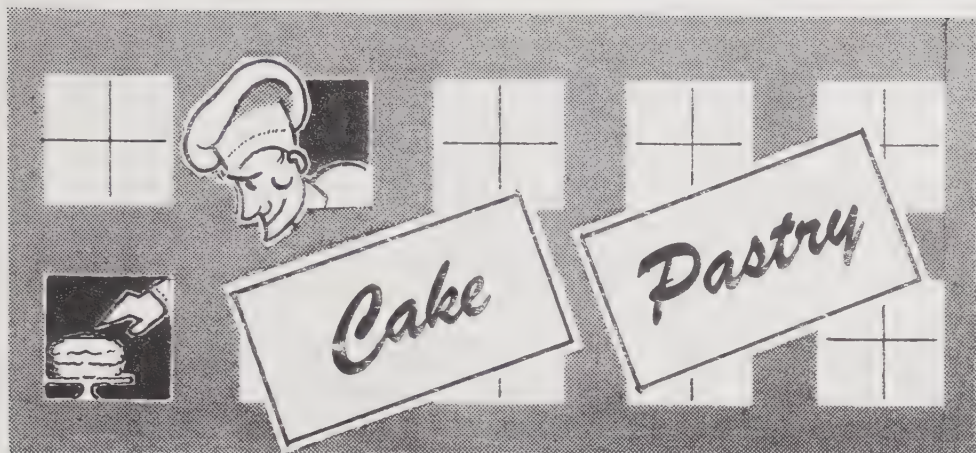
GINGERBREAD

Janet Rothwell

1/2 c. shortening	1 tsp. ginger
1/2 c. sugar	1/2 tsp. cloves
1 egg	1/2 tsp. salt
2 1/2 c. flour	1 c. molasses
1 1/2 tsp. baking soda	1 c. hot water
1 tsp. cinnamon	

Cream shortening and sugar; add the egg, beat well. Sift together flour, soda, cinnamon, ginger, cloves and salt. Combine water and molasses; add alternately with flour mixture to creamed mixture. Bake in moderate oven, 350 deg. F. for about 50 to 60 min. Cool for 5 min. Remove from pan.

Write Extra Recipes Here-



POTATO CAKE

Linda Orton

2/3 c. butter
 4 egg yolks, beaten
 3 1/2 tsp. baking powder
 1 c. mashed potatoes
 1 tsp. vanilla
 1 tsp. nutmeg
 4 egg whites, beaten (save 2
 for 7 minute frosting)

1/2 tsp. allspice
 2 c. sugar
 2 c. flour
 4 Tbsp. cocoa
 1/2 c. milk
 1 tsp. cinnamon
 1/2 tsp. cloves
 1 c. walnuts

Cream butter, add sugar gradually then beaten egg yolks. Add mashed potatoes. Sift flour, cocoa, spices and baking powder together and add alternately with milk. (Flour, walnuts with flour mixture). Then fold in stiffly beaten egg whites. Bake in 3 layers moderate oven, 350 deg. F. for about 25 min. or until done. Frost with 7 minute frosting.

LAZY DAISY CAKE

Kay McIntyre

Beat 2 eggs, add 1 c. sugar, 1 c. flour, 1 tsp. baking powder and 1 tsp. vanilla. Heat to boiling point 1 Tbsp. butter and 1/2 c. milk. Stir into first mixture, 350 deg. F. While cake is in oven, mix 5 Tbsp. brown sugar, 2 Tbsp. cream, 2 Tbsp. butter, 1/2 c. nuts. Cover cake with this mixture and put back into oven for about 10 minutes.

PRUNE CAKE

Janet Rothwell

1 c. sugar
 1/2 c. shortening
 2 eggs
 1 1/2 c. sifted flour
 1/2 tsp. salt
 1/2 tsp. soda

1/2 tsp. baking powder
 1/2 tsp. cinnamon
 1/2 tsp. allspice
 1/2 tsp. nutmeg
 2/3 c. buttermilk
 2/3 c. cooked prune pieces

PRUNE CAKE (Continued)

Cream shortening and sugar. Add eggs, singly, beating well after each addition. Sift dry ingredients together. Add alternately with buttermilk to creamed mixture, stirring until blended after each addition. Blend in prunes. Pour batter into 2 greased and floured pans (8x1 1/2"). Bake at 350 deg. F. for 30 to 35 minutes. Fill with prune filling and frost.

CHOCOLATE SAUCE FOR ANGEL FOOD CAKE

Mrs. Jean Rothwell

1 pkg. chocolate chips	3 egg whites, stiffly beaten
2 1/2 Tbsp. hot water	Vanilla
2 1/2 Tbsp. powdered sugar	1 pt. whipping cream
3 egg yolks, slightly whipped	

Split cake into 3 layers; melt in double boiler and cook chocolate chips, water, sugar and egg yolks. Stir constantly until thick. Then cool by setting pan in cold water. While mixture is cooling, beat egg whites until stiff and add vanilla. To cooled mixture, fold gradually in the beaten whites. Then add one full pint of cream whipped. Put sauce between layers and completely cover the whole cake. Keep in refrigerator overnight.

ICELANDIC CHRISTMAS CAKE

Mrs. Phil Erlandson

1 c. butter	4 c. flour, measure after sifting once
2 eggs	Filling: 2 lb. prunes
2 tsp. baking powder	1/2 tsp. ground cardamon
1 tsp. vanilla	1 1/2 c. sugar
1 c. sugar	1 tsp. vanilla
4 Tbsp. milk	1/4 tsp. salt
1/2 tsp. salt	

Cover prunes with water, after washing thoroughly. Simmer until tender. Cool, remove pits, and put pulp through food chopper, not too fine. Add liquid from prunes, and cook again with 1 1/2 c. sugar until thick. Cool, add salt, cardamon, and vanilla. If powdered cardamon can not be obtained, buy the seed, remove outside covering, and mash the tiny inner portion. For Cake: Cream butter, add sugar and mix until light and fluffy. Add well-beaten eggs and combine thoroughly. Sift together flour, baking powder and salt. Add alternately with milk to sugar butter mixture. When all the flour has been added, dough should be smooth and medium heavy; cool. Divide into 7 portions. Roll on a slightly layer cake pan, lift dough carefully on the outside bottom. Trim to fit tin, bake to a light brown. There should be 7 - 1/4 to 3/8" round layers; cool. Spread prune filling between layers. Wrap in waxed paper and put in a closed container for about 24 hours. Cut cake through center in small pieces. Left over portions of uncut cake should be pushed together to keep the cut parts fresh. May be kept several weeks if stored in a cool place.

WIND CAKE

Mrs. R. Hagglund

4 egg yolks
Add $3\frac{3}{4}$ c. cold water
1 $\frac{1}{2}$ c. sugar
2 c. cake flour

1 tsp. vanilla
Pinch of salt
 $\frac{1}{4}$ tsp. cream of tartar
4 egg whites

Beat egg yolks and water until air bubbles disappear. Then gradually add sugar. Fold in cake flour, salt and vanilla. Beat egg whites and cream of tartar sauce until stiff; add stiffly beaten egg white mixture to first mixture. Bake 325 deg. F. for 45 min. Increase heat to 350 deg. F. for last 15 minutes.

EGGLESS CHOCOLATE CAKE

Mary Ann Gillam

2 c. flour
1 $\frac{1}{4}$ c. sugar
2 tsp. baking soda
Pinch of salt

4 Tbsp. cocoa
1 c. water
1 c. salad dressing
1 tsp. vanilla

Mix all ingredients. Beat with an electric mixer for about 4 minutes or 600 strokes by hand. Pour into an oblong pan or two eight inch round pans. Grease and flour these pans. Bake at 350 deg. F. for 25 to 35 minutes.

BROWN SUGAR FUDGE CAKE

Arlene Messer

2 sq. baking chocolate
2 $\frac{1}{4}$ c. sifted cake flour
1 tsp. soda
 $\frac{3}{4}$ tsp. salt
2 c. packed brown sugar

$\frac{1}{2}$ c. shortening
 $\frac{2}{3}$ c. buttermilk
1 tsp. vanilla
 $\frac{1}{3}$ c. buttermilk
 $\frac{3}{4}$ c. eggs

Melt the baking chocolate. Sift the flour, salt and soda in large mixer bowl. Add the brown sugar, shortening, $\frac{2}{3}$ c. buttermilk, vanilla. Beat about 2 minutes, medium speed. Then add $\frac{1}{3}$ c. buttermilk, eggs and melted chocolate. Beat 2 more minutes medium speed. Bake 30 to 35 min. in 350 deg. F. 3, 8" pans or 2, 9" pans.

SPANISH BUN CAKE

Anita Ginn

1 c. butter
2 c. sugar
4 eggs, save 2 whites for
frosting
1 c. sour milk

2 c. sifted flour
1 tsp. each of cinnamon, cloves
and nutmeg
 $\frac{1}{2}$ c. chopped nutmeats

Cream butter and sugar, dissolve the soda in sour milk and add alternately with the dry ingredients and nutmeats. Put the frosting before baking. 2 egg whites beaten stiff and add 1 c. brown sugar and $\frac{1}{2}$ c. chopped nuts, put the cake in a large oblong baking pan and spread with frosting, then bake 45 minutes at 300 deg. F.

WALNUT AND DATE ROLL

Arlene Messer

2 lb. (4 c.) dates	4 c. sugar
4 c. walnut meats	2 c. milk

Chop dates and nutmeats. Mix together the sugar and milk in a saucepan and place over medium heat. Stir only until it comes to a boil, continue cooking, without stirring until it reaches soft ball, 238-240 deg. Stir in chopped dates and cook 5 minutes longer. Remove from stove and stir in nuts. Place pan in cold water, beat until creamy but soft. Roll into rolls, with waxed paper; let stand in refrigerator. Cut in thin slices.

SOUTHERN PECAN PIE

Allece Straw

3 eggs	2/3 c. sugar
Dash of salt	1 c. dark corn syrup
1/3 c. melted butter	1 c. pecan halves

Cream the eggs, butter and sugar, add rest of ingredients. Bake 50 minutes at 350 deg. F. Bake in an unbaked pie shell.

CRANBERRY PIE

Mrs. Kalm

4 c. cranberries	4 Tbsp. water
2 Tbsp. flour	2 Tbsp. butter
1 2/3 to 1 3/4 c. sugar	

Split cranberries and remove seeds by washing them. Mix with other ingredients, put in unbaked pie shell, top with a lattice top crust. Bake 350 deg. F. 1 hour.

CHOCOLATE CAKE

Lillian Kalm

2 c. sifted cake flour	1 tsp. baking powder
1 tsp. soda	1/2 c. cocoa
1 1/2 c. sugar	

Measure into large mixer bowl 1 1/2 c. shortening. Stir just to soften. Sift in dry ingredients. Add 1/2 c. water, 1 tsp. vanilla and 3 eggs. Mix until flour is dampened and beat 1 minute. Add 3/4 c. sour milk or buttermilk. Blend and beat 2 minutes. Bake 2, 9" pans. Bake 350 deg. F. for 30 minutes.

OVEN PAN CAKE

L. Kalm

6 eggs	1/2 c. sugar
1 qt. milk	Pinch salt
1 c. flour	

Grease an iron frying pan generously with butter. Beat the eggs, add the milk and flour, sugar and salt. Beat together in large mixer bowl. Bake in hot oven, 15 to 20 minutes until set. Serve sprinkled with sugar and cinnamon.



STRAWBERRY CHIFFON PIE

Mrs. R. Hagglund

1 Tbsp. unflavored gelatin
 1/4 c. cold water
 1/2 c. boiling water
 3/4 c. sugar
 1/4 tsp. salt

1 c. strawberries
 1 Tbsp. lemon juice
 2 egg whites
 1/4 c. sugar

Soak gelatin in cold water for 5 minutes. Add boiling water and stir until gelatin is dissolved. Place over boiling water if necessary. Add sugar and salt. Chill mixture until it starts to thicken. Add fruit and lemon juice. Beat egg whites until stiff but not dry and fold in the 1/4 c. sugar. Gradually fold into gelatin and fruit mix pile into baked pastry shell and crumb crust and chill. Top with whipped cream.

APPLE CRISP

Ella Orton

3 qt. sliced apples
 3 tsp. cinnamon
 3 c. sugar

1 c. butter
 2 1/4 c. flour
 3/4 c. water (if needed)

Put apples in dish with cinnamon and water mixed. Then with hands mix the sugar, butter and flour, spread over apples and bake at 400 deg. F. for 30 to 40 minutes or until done.

ANGEL SURPRISE

Maxine Dymond

50 vanilla wafers
 1 c. powdered sugar
 1 cube (1/2 c.) butter
 1 beaten egg
 1 tsp. vanilla

Pinch of salt
 1 sm. can crushed pineapple
 1 c. chopped nutmeats
 1 c. whipping cream

Line an oblong pan about 4" deep with wax paper. Crush the vanilla wafers, very fine and sprinkle a thin layer of the wafers on the

ANGEL SURPRISE (Continued)

bottom of pan. Cream 1 c. powdered sugar and 1 cube butter, add the 1 beaten egg, 1 tsp. vanilla and pinch of salt. Spread this over the layer of crumbs in the pan. Spread another thin layer of crumbs over top of this. Mix the nutmeats and crushed pear, apple and spread over the other layers. Add another thin layer of cookie crumbs. Whip the cream and spread over the other layers and spread remaining crumbs over top. Place in refrigerator for several hours or overnight. Serves 6-8.

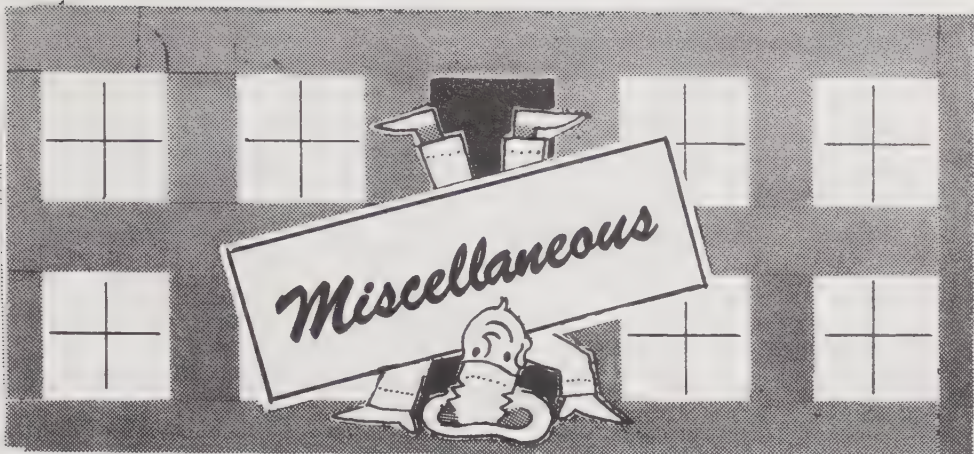
SUET PUDDING

Lillian Kalm

1 3/4 c. suet, chopped fine	1 c. raisins
1/2 c. currants	1 c. mixed fruits
1 pt. milk	1 c. molasses
1 Tbsp. brown sugar	1 tsp. soda
1/2 tsp. salt	3 c. flour, sifted
2 well-beaten eggs	Wine glass of brandy
1/2 tsp. each nutmeg, allspice, cloves, cinnamon.	

Mix the ingredients together and put into molds or mason jars. Fill half full as they expand. Steam 3 hours in kettle with a tight lid. Serve with hard sauce. Hard sauce: Cream 1/3 c. butter, 1/3 c. sugar, add 3 well-beaten egg yolks, fold in 3 stiffly beaten egg whites. Place in double boiler over boiling water, cook until thick, stirring all time, add a jigger of brandy if you wish.

Write Extra Recipes Here-



PEANUT CRUNCH

Lucille Berry

1/2 c. light or dark corn syrup	2 Tbsp. butter or oleo
1/4 c. sugar	1/4 tsp. soda
1/4 c. light molasses	1 c. salted peanuts

Combine ingredients except peanuts and soda, stirring to dissolve sugar and cook to soft ball stage. Add peanuts, cook to light crack stage, stirring constantly. Remove from heat and add soda. Stir lightly. Pour evenly over well-greased pans. Cool and crack with hammer.

BOILED COOKIE CANDY

Mrs. Jean Rothwell

2 c. white sugar	1 tsp. vanilla
1/2 c. milk	3 c. quick oats
1/4 c. butter	3/4 c. crunchy peanut butter
4 Tbsp. cocoa	

Combine sugar, milk, butter and cocoa. Heat mixture to a boil, boil 1/2 minute. Remove from heat. Add vanilla, oats and peanut butter; mix well. Drop by tsp. on waxed paper. Let them set. Yield: 3 or 4 dozen.

Write Extra Recipes Here-

Write Extra Recipes Here-

HINTS ON COOKING FROZEN FOODS

VEGETABLES

In cooking any frozen vegetable it is necessary to bring to the boiling point as quickly as possible to preserve flavor, color and vitamins. Do not thaw before cooking. The one exception is corn on the cob, which should always be thawed.

FRUITS

Do not remove frozen fruits from the package before you are ready to use them. Otherwise they will discolor and lose the fresh flavor. Most fruits are best when thawed just enough to melt the ice crystals. Fruits that are to be cooked should not be thawed. Instead, follow the same procedure as for vegetables.

MEATS

With the exception of large cuts, which may not cook evenly, meats may be cooked when solidly frozen. Cooking must be done at a low temperature and the time lengthened. If thawing is preferred, thaw as slowly as possible, as less moisture and flavor will be lost.

MENUS FOR QUICK MEALS FROM THE FREEZER (Based on commercially frozen foods)

LUNCHEON

Corn chowder
Tossed green salad
Toast sticks
Pineapple
Cookies

Broiled cod in
summersauce
Mixed vegetables
Peach shortcake

Corn and ham broil
Green beans, French
style
Rhubarb with dumplings

DINNER

1. Perch float
Asparagus spears - cole slaw
Frosty fruit cup
Applesauce
Mint sherbet

2. Fish Florentine
French fried potatoes
Vegetable relish sticks
Dolly Madison cake

3. Ocean perch piquant
French fried potatoes
Baked corn
Orange sherbet

QUICK MEALS FROM THE FREEZER (Continued)

4.

Oyster stew
Bermuda salad bowl -
Cauliflower frozen
Crusty rolls
Apple pie

Skillet-fried fish
Epicurean Brussels sprouts
Cottage potatoes
Rolls
Ice cream puffs

RECOMMENDED VARIETIES OF VEGETABLES FOR HOME FREEZING

ASPARAGUS

Martha Washington
Mary Washington

BEANS - GREEN

Blue Lake
Kentucky Wonder

BEANS - GREEN SHELL

French Horticultural
Lowe's Champion

BEETS

Crosby
Detroit Dark Red

BROCCOLI

Italian Green Sprouting

BRUSSELS SPROUTS

Half Dwarf Improved
Long Island Improved

CARROTS

Amsterdam Coreless
Nantes Coreless
Red Cored Chantenay

CAULIFLOWER

Early Snowball
Forbes
Perfection

CORN

Golden Bantam
Country Gentleman
Crosby Hybrid

EGGPLANT

Black Beauty

PARSNIPS

Hollow Crown

PEAS

Alderman
Shasta
Thomas Laxton

SPINACH

Broadleaf
Hollandia
King of Denmark

SQUASH

Summer Crookneck

SWISS CHARD

Fordhook
Lucullus

TURNIPS

White Glove
Purple Top Strapleaf
Purple Top Rutabagas

LOW COST DIET MENUS

1.

2.

BREAKFAST

Oatmeal with sliced
banana
Toast
Coffee
Milk for children

Sliced oranges
Breadcrumb pancakes with
corn syrup
Coffee
Milk for children

LUNCH

Cream of potato soup
Peanut scrapple
Dried fruit Brown Betty
Tea

Baked hominy and cheese
Wilted lettuce with bacon
Oatmeal muffins
Canned peaches

DINNER

Cabbage stuffed with
chopped beef
Baked potatoes
Canned tomatoes
Gingerbread - sour milk
Applesauce - Milk

Dried green-peas soup
Scalloped carrots and onions
Cornbread
Steamed molasses pudding
with lemon sauce
Tea

SAMPLE REDUCING DIET MENUS

1.

2.

BREAKFAST

Orange juice
Whole-wheat toast, 1 slice
Jam, 1 Tbsp.
Coffee - no sugar or cream

1 egg, boiled or poached
Melba toast, 2 slices
Coffee

LUNCH

Banquet salad with
mineral oil mayonnaise
Cornmeal crisps -
salad wafers
Canned pears
Skim milk or buttermilk,
1 glass

Tomato juice
Celery root and stringbean
salad
Rycrisp with cottage cheese
Coffee jelly

SAMPLE REDUCING DIET MENUS (Continued)

DINNER

Broiled fish - nonfatty	Beef bouillon
Spinach	1 lamb chop
Tomato and cucumber salad, French dressing	Green peas, small serving
Rycrisp	Fresh fruit salad with French or mineral oil dressing
Pineapple sherbet	One-egg cupcake - 1, not iced
Oatmeal macaroons, 2	
Demitasse	

MENUS FOR GAINING WEIGHT

BREAKFAST

1.

Baked apple
Malt breakfast cereal
with cream
Griddle cakes and syrup
Coffee

2.

Yellow cornmeal mush with
stewed raisins and thin
cream
Graham muffins - Jam
Coffee or milk

LUNCH

Minute rarebit on toast
Asparagus, buttered
Peanut butter biscuits
Stuffed prune and orange
salad
Milk

Casserole of dried Lima
beans
Scalloped cauliflower and
tomatoes
Mixed greens - Roquefort
cheese dressing
Milk

DINNER

Cream of carrot soup
Ameriean goulash
Apple sweet potatoes
Canned corn
Apricot and banana
salad
Graham date bread
Tea

Pineapple juice
Smothered pork chop
Baked potato
Scalloped cabbage
Danish apple pudding with
whipped cream
Demitasse

SAMPLE MENUS FOR VITAMIN-RICH DIETS

1.

2.

BREAKFAST

Orange juice
Corn Flakes with top
milk
Wheat-germ muffins
Strawberry jam
Coffee or milk

Fresh berries
Puffed Wheat with top milk
Boiled egg
Toast - whole-wheat or
enriched bread
Coffee or milk

LUNCH

Vegetable meat broth
Cheese fondue
Celery - Creole style
Canned loganberries
Honey-Bran cookies
Milk

Tomatoes stuffed with liver
Swiss salad
Whole-wheat or enriched
bread
Cantaloupe
Milk

DINNER

Apricot Nectar
Braised beef heart
Green Lima beans
Kohlrabe
Jellied tomato salad
Whole-wheat or enriched
bread
Carrot custard pie

Cream of onion soup
Savory meat loaf
Baked potato
Baked winter squash
Lettuce salad - French dressing
Whole-wheat or enriched
bread
Upside-down cherry puffs

SAMPLE MENUS FOR MINERAL-RICH DIETS

1.

2.

BREAKFAST

Stewed dried figs on
Triscuit - thin cream
Poached egg on toast
Coffee or milk

Orange juice
Oatmeal with thin cream
Toast - whole-wheat or
enriched bread
Coffee or milk

LUNCH

Casserole of tomato, corn
and cottage cheese
Mustard greens
Canned pineapple

Beef broth
Liver loaf
Broccoli with tomato salad
Graham crackers

SAMPLE MENUS FOR MINERAL-RICH DIETS (Continued)

Soybean muffins	Maple cornstarch pudding
Milk	Tea

DINNER

Steak and kidney pie	Fricassee of chicken, with
Baked potatoes	giblets in gravy
Cauliflower with cream	Scalloped potatoes with
sauce	cheese
Romaine with Roquefort	Beets, cooked with tops
cheese dressing	Eden salad
Walnut-apricot steamed	Chocolate chip oatmeal
pudding with orange	cookies
hard sauce	Milk
Demitasse	

AMOUNTS TO SERVE 25

Tea.....	1/2 c. tea, 1 1/2 gal. water
Coffee	3/4 lb. coffee, 1 1/2 gal.
	water
Cream.....	3 cups
Raised rolls.....	2 lbs. (8-9 c.) flour, 3/4
	oz. compressed yeast
Butter or margarine	3/4 lb.
Salads - potato, chicken,	
etc.	4-5 qts.
Cabbage - salad	4 lbs.
buttered	7 lbs.
Potatoes, mashed.....	1/2 peck
Baked beans	3 qts. or lbs. dry beans
Chicken pie	2 1/4 qts. cooked, diced
	chicken or 3 chickens,
	approximately 5 lbs.
	each, dressed
Baked ham	10 lbs.
Oyster stew	1 1/2 gal. milk, 2 qts.
	oysters
Meat loaf	5 lbs. ground meat
Frozen peas	4 - 4 1/2 lbs.
Frozen Lima beans.....	4 - 4 1/2 lbs.
Frozen asparagus.....	4 - 4 1/2 lbs.
Frozen broccoli.....	4 1/2 - 5 lbs.
Frozen cauliflower.....	4 1/2 - 5 lbs.
Frozen spinach	4 1/2 - 5 lbs.
Frozen snap beans	4 lbs.
Frozen corn	4 lbs.

CHRISTMAS CARD LIST

Name

Address

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

BIRTHDAYS TO REMEMBER

Name _____

Address

Birthdate

